

Minimum Physical Standard Video – General Information – Custody/Unit Staff/Adult Parole

The purpose of this video is to inform you of the requirements for all new hires receiving a conditional offer of employment with the Nebraska Department of Correctional Services for the following jobs: Custody/Unit Staff/Adult Parole; Facilities Maintenance; Food Services and LPN and RN positions.

The screen is performed in 2 parts. Part one is a general assessment of posture, range of motion and functional ability. Part two is specific to each job and focuses on tasks of minimum physical standard. These specific tasks have been identified by a survey of current associates and an observational evaluation of identified tasks. It is important to remember that this is not a fitness test but an examination of your ability to perform the minimum physical standard (MPS) of a specific job.

The test will take 45-60 minutes. Proper attire for testing will include loose fitting, fitness type clothing and athletic footwear. This will allow the examiner the ability to perform accurate assessments and allow the applicant unrestricted movement during testing.

Upon successful completion of the MPS you will then move on to the medical examination. If after viewing this video you feel you will need accommodation for a specific disability please contact the ADA Coordinator at 402.471.2654. For full details of the testing process please review the written information provided in the [Minimum Physical Standard \(MPS\) Screen](#) overview previously provided to you.

To view the video segments please begin by clicking on the link to the section for [General Examination for all Categories](#).

Custody/Unit Staff/Adult Parole

“New hires for this classification will be asked to demonstrate the ability to perform the following tasks:”

“Achieve and maintain a full squat or half kneeling position for 4 minutes.”

“You will then be asked to push 38 pounds for a distance of 50 yardsand pull 32 pounds also for a distance of 50 yards.”

“Demonstrating appropriate lifting mechanics, you must lift 80 pounds from floor to waist height.”

“You must then lift 80 pounds and carry it for a distance of 50 feet.”

“You will then be asked to maneuver a lever from waist to overhead with 28 pounds of force.”

“You must demonstrate the ability to negotiate 1 flight of stairs while carrying 50 pounds....and 3 flights of stairs while carrying a bar weighing 25 pounds.”

“You must demonstrate the ability to pinch the equivalent of 18 pounds or greater 20 repetitions.”

“Finally you will be asked to complete the timed 1 mile walking test at a brisk pace without running. Your heart rate will be monitored throughout the test. This will establish a baseline fitness category.”